

Otizm Spektrum Bozukluęu ile İlgili Genel Bilgiler

Otizm Spektrum Bozukluęu (OSB) genellikle bulguları yařamın erken dönemlerinde saptanabilen nörogelişimsel bir bozukluk olup; belirtileri sıklıkla yařam boyu devam eder. OSB, sosyal ve iletişimsel becerilerde kısıtlılıklar ve eşlik eden basmakalıp, yineleyici ve kısıtlı davranışlar/ilgi alanları ile karakterizedir(1). Geçtięimiz birkaç on yıl içerisinde OSB prevalansında dramatik bir artış söz konusu olmakla birlikte hastalığın gerçek prevalansının artmasını yanı sıra; tanı kriterlerindeki deęişiklikler ve artan farkındalığın da bu artışa katkısı olduęu düşünölmektedir. Amerika Birleşik Devletleri (ABD) Hastalık Kontrol ve Önleme Merkezi'nin (Center for Disease Control, CDC) 2018 tarihli en güncel epidemiyolojik çalışmasında her 44 çocuktan birisinin OSB tanısına sahip olduęu bildirilmiştir(2). Yetişkin bireylerde OSB sıklığını belirlemek için yapılan en kapsamlı çalışmada 18 yař ve üzeri bireylerde OSB sıklığının % 2.2 olduęu belirtilmiştir(3). Zihinsel yetersizlik OSB'li bireylerin %70'ine eşlik eder. Erkeklerde görölme sıklığı kadınlardan 3-4 kat fazladır ve kadınlarda zihinsel yetersizlik eş tanı olarak daha sık görölmektedir(2). Hastalığın patogeneğinde rol oynayan etmenler net olarak aydınlatılamamış olsa da genetik etmenlerin epigenetik ve çevresel etmenlerle etkileşimi aracılıęıyla patogeneze en önemli katkıyı sunduęu düşünölmektedir(4).

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